



BAR HILL NEWS

Brought to you by the Bar Hill Residents' Association

September 2019 Issue 607



BAR HILL COMMUNITY MARKET CELEBRATION

Please come and help us celebrate
our 10th Anniversary!

Saturday 5th October
10.30am – 2pm
In the Octagon CB23 8EH

Entry is Free

Refreshments (served by The Scouts) and
cakes with possibly a BBQ.

If you wish to be part of the market please
contact; Karen Austen **01954 781085**

bar.hill.community.market@gmail.com

Facebook - Bar Hill Community Market

<http://bit.ly/BHCommunityMarket>

Profits from the market go towards our
Community and Charity projects.



NHS HEALTHWATCH REPORT

A report into residents views on improving
local NHS
services has
been published.

See **page 4** for
the full story.

what
would you do?
It's your NHS. Have your say.

NEW RECYCLING AT TESCO

Tesco now offers plastic wrap, can, and
drinks bottle recycling in their store as a
trial for a potential national rollout.

For every drink can or
bottle accepted by the
scheme, you'll get a 10p
voucher for your shopping
(these are valid until the
end of the December).

There is currently no limit
to the number of items
you can redeem (although
vouchers will print in
groups of ten).

The recycling machine
(and plastic collection
point) are located on the
left just inside the store by the Harris &
Hoole Coffee Shop.

You'll also notice other positive changes
throughout the store as Tesco attempts to
reduce plastic waste. For example,
multipacks of some products are being
eliminated - replaced with multi-buy offers
on individual products.

There are several electronic survey/
comments boxes located around the store
for you to provide feedback.



Welcome to Bar Hill.
Our trial store to
reduce plastic waste.

Deadline for next issue is 15th of the month, please send submissions to
bhneditor@yahoo.com or see inside for other contacts.

- BAR HILL RESIDENTS' ASSOCIATION -

2018-19 COMMITTEE:

Chair	Roger Hall	01954 780 304	
Vice Chair	Kate DaCosta		kjdacosta@outlook.com
Secretary	Karen Hayden		kfmh123@gmail.com
Treasurer	Ann Bensted		ab10034@cam.ac.uk
Data Prot. Officer	Richard Hayden	07462 724 706	rxh321@gmail.com

Other Committee members:

Bunty Waters	01954 201 421	bunty.waters@ntlworld.com
Mike Nelson		mike@machineconcepts.co.uk
Jo Hall	01954 780 304	
Hilary Whipp		hilary.whipp1@gmail.com
Laura Chapman		laura.katy.foster@gmail.com
Amber Neale		amberscott2015@gmail.com

BAR HILL NEWS:

Editor: Andy Pellew (Acting Editor) apellew@gmail.com
 Advertising Co-ordinator: Anne Bensted ab10034@cam.ac.uk

The objectives of the Association are to act as an intermediary between residents and other parties, to keep residents informed of matters of importance around the village, and to promote the interests of Bar Hill.

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

ADVERTISING

Quarter-page adverts cost £16.50 per month and must be submitted by the 1st of the month prior to inclusion. These ads are for local businesses and we guarantee publication, but this often results in a waiting list.

To help overcome this, we publish Maxi and Mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space. Maxi ads (30mm x 22mm to 45mm x 30mm) are £8.50 per month; Mini ads (30mm x 10mm to 30mm x 20mm) are £5 per month, and should be submitted by 10th of the month prior to their inclusion.

Please contact the Advertising Coordinator (see above).

EDITORIAL

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion. Please submit items by 15th of the month. [Items offered For Sale will be advertised in two consecutive editions, so please let the Editor know if the item(s) sell.] All items can be submitted electronically on disk [a Word file is best, please] or to bhneditor@yahoo.com.

DONATIONS FOR SCHOOL

Bar Hill School would like donations of maps of anywhere in the world, old or new. Any buttons, embroidery cotton and ribbon, and buckets and spares would also be appreciated.

Please drop them in to Jo Hall, 11 Almond Grove
 (tel. 01954 780304)

■ 2

S DYE

For all your Painting & Decorating needs. Please call

07806 629972 or
 01954 230484

VACANCY: Lead Editor, Bar Hill News

Following the retirement of the current editor, we are seeking a replacement within the next two months. The position (unpaid) will require placing news items into an established format mostly received through a designated email addressed by the 15th of each month.

The existing editorial team are flexible and can work with any modern system (this issue was put together with Apple Pages, previous issues have been put together using Microsoft Publisher) and we would expect to take direction from the **Lead Editor**.

The new editor will be the lead member of the editorial team and will consult the chairman or vice-chairman regarding items of a defamatory or dubious nature. He or she will also work closely with the advertising coordinator.

There is no expectation on the editor to write articles! Articles will be provided either by members of the community, local organisations, or other members of the Residents Association.

Further information is available on request from the current acting editor, **Andy Pellew** (apellew@gmail.com) or the chairman of the Resident's Association, **Roger Hall** (01954 780304 or roger.hall90@ntlworld.com).

Don't want to be the Lead Editor but still want to contribute? We welcome anyone who wants to contribute to either the editorial team or the residents association. Please get in touch!



FOR SALE: Two Large 2-Seater Sofas (One Lime Green, One Red)

Good condition, 4yrs old. Very comfortable and made from fabric, plump cushion backs and seats. Both for £325 ono, or £175 ono each. Matching cushions to go with the sofa's, sold separately. Reason for sale, moving.

Mob 07922 043440 (Karen)

HEALTH & WELLBEING CLUB

Held on the second Tuesday of the month between 2-4pm in Tesco Community Room. focuses on aspects of promoting and maintaining good health in every area. We start with a chair based exercise activity followed by advice from Tesco's departments.

This is a unique and friendly group and is an ideal place to meet new people.

For further information, contact **Wendy Arrowsmith** on 01954 781381.

RHYMETIME and STORYTIME

Rhymetime and Storytime both return in September after a summer break. Bring your child or children to the Library to join in as they develop their speaking and listening skills. Sessions are free of charge and there is no need to book.



Rhymetime is for 0-3-year-olds and is held on Tuesday afternoons. Share with your baby or toddler in singing rhymes, and meet other parents and carers.

Storytime is for 3-7-year-olds. It is held in the morning on the second Saturday each month. Bring your child to listen to stories, sing, and join in a craft or colouring activity.

Your dates for September

Rhymetime: Tuesday 3, 10, 17 and 24 September, from 2.15 to 2.45 p.m.

Storytime: Saturday 14 September, from 11 to 11.30 a.m.

LETTERS TO THE EDITOR

Dear Editor,

After making a Freedom of Information request to Highways I have received their response. The temporary traffic lights after the Bar Hill bridge will remain until "early next year" and will then be replaced by permanent ones.

Clearly this will cause concern to those driving, especially at peak times. The morning delays also have a domino effect on the bus services throughout the rest of the day. While I understand that over the long term the improvements to the A14 will free traffic along the A14, I remain unconvinced that traffic lights are better than a roundabout at that junction.

The full response from Highways can be found here – <https://tinyurl.com/y5n5mpzn>

Regards

Reverend Anthony William Mitchell,
Pheasant Rise

Dear Editor,

On crossing the village green to church on 11th August I was shocked and saddened to see the beautiful Pink Acacia tree near the tennis court, had been wrecked by a lightning strike!

It split the trunk from top to bottom; but was still standing.

This mature tree had lovely pink racemes every summer and it provided shade for the two 'much used' benches below. It will be sorely missed by many! When it has been removed, will it be possible to replace it with another Acacia near by? I would gladly contribute to the cost, and maybe others would too!

Kind regards,
Dawn Stewart,
The Spinney

Hear Here: Patients Want To Be Listened To

Patients want to be listened to by health professionals – especially those with long-term conditions who are often experts in their own health.

A new report from Healthwatch into people's views on improving local NHS services shows that good communication is really important to people.

Patients want health professionals to acknowledge their own knowledge and experience and to listen.

"Please be honest about what the options are and do not use clinical expressions when talking to a patient. Encourage the patient to ask questions if they do not understand."

Eight hundred people across the region gave their views to Healthwatch. Most want face-to-face meetings and they also want emails and letters about their health in plain English.

Said one heart and lung patient: "... the letter of the report could have been written in language a normal person could understand and not in medical terms. A lot more care could go into explaining the results."

Share Your Views

Healthwatch, the independent champion for people using health and social care services, wants to hear from you.

Via our website;

www.healthwatchcambridgeshire.co.uk

Call us on 0330 355 1285 (local call number)

Email us at:

enquiries@healthwatchcambspboro.co.uk

The full report on improvements suggested by Cambridgeshire and Peterborough local residents is available here;

<http://bit.ly/HealthWatch2019Report>

what
would you do?
It's your NHS. Have your say.



BAR HILL PARISH COUNCIL

Parish Council Office

Hanover Close, Bar Hill. CB23 8EH

Tel: 01954 780456

Email: clerk@barhillpc.org.uk; office@barhillpc.org.uk

Chairperson: bunty.waters@barhillpc.org.uk

Agendas and approved minutes are published on the noticeboard at the Parish Council Office. Full Council normally meets on the third Thursday of the month except August and December. Members of the public may attend to raise questions or comment on any item on the published agenda under the Public Forum (15 minutes at 7pm).

See also the website;

<http://www.barhillpc.org.uk>

GRASSCUTTING

Please help us by not leaving vehicles close to amenity areas/utility strips/verges, causing obstruction for access by mowers or potential for damage by grass cuttings and debris. Grass cutters have to leave these areas uncut.

VILLAGE MAINTENANCE

People are kindly asked to ensure that they have no brambles or rubbish overhanging the footways and causing an obstruction. This includes the gap the other side of your boundary fence/utility strips which are the responsibility of the homeowner. The Council will be reviewing the autumn/winter tree/hedge/shrub cutting schedule in September and work should commence thereafter.

The Council office is manned part-time and normal opening hours to the public are Monday to Wednesday 10am to 12 noon. Contact details above.

Residents are reminded that it is the policy of Bar Hill Parish Council to not respond to anonymous letters/emails/telephone calls. Please send all communications direct to the Parish Clerk at the Parish Council Office giving your name, address and if possible email address/telephone number, so that the Council may contact you to discuss your concerns further/obtain further information etc as necessary. The Council respects the wishes of residents regarding confidentiality as requested.

Something On Your Mind About Bar Hill?

Share your views – ideas – concerns
Drop in Sessions for Residents – Meet Your Councillor

Mondays 10 am to 12 noon:

30 September

28 October

25 November

Tel 01954 780456 or email

clerk@barhillpc.org.uk for details

Annual Canvass

EVERY HOUSEHOLD IS REQUIRED TO RESPOND TO THE HOUSEHOLD ENQUIRY FORM - EVEN IF NOTHING HAS CHANGED

HOW TO RESPOND

Online PBx Mail Post Text



A reminder (from South Cambs District Council) to return your #HouseholdEnquiryForm as soon as possible.

Even if nothing has changed, you still need to confirm who lives in your household.

To respond online use the codes in the letter at; www.householdresponse.com/southcambs

Services during September

Sunday 1 Sept	10:00 am	Holy Communion (Methodist)
	6:00 pm	Informal Worship
Sunday 8 Sept	10:00 am	All Together Worship
Wednesday 11 Sept	10:00 am	Midweek Holy Communion
Sunday 15 Sept	10:00 am	Holy Communion (Baptist)
Sunday 22 Sept	8:00 am	Holy Communion
	10:00 am	Morning Worship
Sunday 29 Sept	10:00 am	Quaker Meeting



Social Calendar for September

Olive Tree Café Bereavement Support Group

Saturday 21 September 10:30-11:30 am in the Meetings Room

Knit & Natter every Thursday 1:15-3:00 pm in the Octagon (Contact Sue 01954 780260)

Coffee Stop every Wednesday 10:00 am-Noon in the Library (Contact Sue 01954 780260)

Art Group every Wednesday 1:30-4:00 pm in the Octagon (Contact Jan 01954 201495)

Bring Your Own Craft Group Saturday 28 September 2:00 pm in the Octagon (Contact Karen 01954 781085)

Open Prayer every Thursday morning in the Worship Hall 9:15am-10:00am (Contact Ginny 01954 789206)

Church Contacts

Church Office	Ian Pryke	01954 206120 office@barhillchurch.org.uk
Minister	Rev Charles Mather	01954 277119 Charlesmather20@yahoo.com
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH	
Website	https://barhillchurch.org.uk	
Facebook	https://facebook.com/barhillchurch	



Messy Church occurs straight after school at 3.15 until 5.15pm on the third Wednesday of most months. It is open to children of any age, accompanied by a parent or carer. Our next one is September 18th.

The activities of each session are themed around a Bible story and we encourage the children to think about how God wants us to live – caring for each other, being respectful etc. It's fine to pop in and say hello, or to attend just once – although to fully benefit, children should ideally attend the whole session. A typical session involves:

- Welcome time – the children are given a name badge and drink/biscuit.
- Craft time – lots of supervised crafts, playdoh, dressing up etc.
- Story time – the theme of the day is explained by show & tell, video or storytelling, and a song.
- Meal time – the children sit together and eat a simple meal, usually a pasta dish and fruit. Come along!

Peter Smethurst and the Messy Church team
For more information please text Peter on 07586 249966

Bible theme



Games

ARTHUR RANK HOSPICE CHARITY WALK

Bridge the Gap Charity Walk is an annual event, now in its 18th year, which returns to Cambridge on Sunday 15th September. Our aim to make a difference to people in our community. We are inviting you to take part in a leisurely Sunday morning stroll through the surroundings of selected Cambridge University College grounds. The walk aims to help local charities and relies on the support of numerous companies, volunteers and the Colleges. In the previous 17 years of this event, over 34,000 people have taken part, helping to raise over £506,000. Every penny raised through walkers' registration fees, sponsorship and donations, goes directly to Arthur Rank Hospice Charity and Romsey Mill.

We start on Parker's Piece at 9.30am and follow a scenic route through the beautiful grounds of the University's Colleges. The Society of Cambridge Tourist Guides will be on hand to share interesting facts.

This year's route will lead you around Christ's College, Queens' College, Corpus Christi College, Pembroke College, Downing College and inside of the Cambridge University Library.

Prices £18 per adult when booked in before 13th September (£20 on the day), Up to 3 children can walk with each paying adult. Donations are welcome!

You can register by visiting the website; <https://www.arhc.org.uk/BTG>

Alternatively call 01223 675888, or pick up a registration form, from: Romsey Mill (Hemingford Road, Cambridge); the Arthur Rank Hospice (adjacent to the Babraham Road Park & Ride); any of the Charities' shops; or you local Cambridge Building Society or Co-Op.

On return to Parker's Piece, you can enjoy more entertainment, sweet and savoury food stalls and other activities.

The route is wheelchair and pushchair friendly.

■ 8 We hope to see you there!

District Councillors Report

The Planning application for retail units, Marks & Spencer, Next and Boots was heard on 14th August 2019 and was rejected by the committee. The reasons revolved around the proposals running contrary to South Cambs local plan and the National Planning Policy Framework. A concern was also raised about the loss of employment buildings on the business park and the impact on development in Northstowe.

New Cambridge Ice Arena

The 25 year wait to bring an exhibition class ice rink to Cambridge will finally conclude on Bank Holiday Monday (26 August) when the Cambridge Ice Arena opens for the first time to the public.

The £5.5m facility on Newmarket Road will not only provide a regular recreational skating programme to the public but also be the home to the Cambridge University Ice Hockey Team.

Work on the ice rink began back in November 2017 but was temporarily halted - not by winter weather but the discovery of 194 grenades dating from WW2.

With a 56 metre x 26 metre ice pad, seats for 300 people and a fully accessible building, the facility meets International Ice Hockey Federation requirements and can host international teams.

Zero Carbon Community Project Grants

Grants between £1,000 and £15,000 are available. The money comes from business rates from renewable energy sites, like solar farms, that the Council retains and earmarks for use in green initiatives.

Non-profit groups or organisations that are based in the district and parish councils can apply. Other groups can apply as part of a partnership led by a parish council or not-for-profit group. The deadline to submit bids is Thursday 31 October. Application is via the South Cambs website.

Please contact me if you would like further information or advice

Bunty Waters, District Councillor, Bar Hill Ward bunty.waters@ntlworld.com
07734690580

BAR HILL HEALTH WALKS

Free Every Wednesday Morning

Meet at Maple Surgery at 10.30am

Our walks are all weather (in case of rain you will find us under the Church porch), free, and accessible to all, particularly those who are currently inactive.

Walks are 45-60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short health questionnaire. Copies are available on the PPG noticeboard in Maple Surgery, and at www.walkingforhealth.org.uk.

Contact: Josephine Powell T: 07901 558108; E: jpowell45@hotmail.com.

ABSOBEAUTI BEAUTY SALON

Local Business in The Brambles

By Appointment Only;

Monday - Sunday opening.

Call Sharon 07967 610482

- Minx Foil Nails, Manicures/ Pedicures, Nail Art/ Design

Shellac/IBD/Gelation Nail Polish (lasts up to 14 days): £19

St Tropez Spray Tans: £15

Eyelash Lift with free eyelash tint: £20

Eyebrow shape and tint: £12

Eyelash tint: £10

THE ROYAL BRITISH LEGION

We meet on the 4th Thursday of each month in the Meeting room of the Octagon at 7.30pm. You do not have to have served in the Forces to join the Legion. If you would like to find out more about the Royal British Legion in Bar Hill please contact either Malcolm Cox on 01954 488657 or Wendy Arrowsmith on 01954 781381 or come along to the next meeting.

BAR HILL SPORTS & SOCIAL CLUB



The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles, cribbage, or enjoy a drink in our quiet lounge bar.

Food available Friday & Saturday 4-10pm; Sunday 2-8pm.

Upcoming Events

Thu 19th Sep: Wine and cheese night from 7.30pm, members only/ limited spaces. Sign up at the bar by the 16th

Fri 4th Oct: Cocktail night from 8pm, tickets £10 per person

Fri 11th Oct: Geek quiz, 8pm start. £2 per person, max 8 people per team

Sat 2nd Nov: Kids Halloween Disco 5-7pm

Sat 16th Nov: Michael Bubl , Robbie Williams and the Rat Pack tribute night, tickets available now

Sat 7th Dec: Italian night....promise it'll be more than a pizza and a bottle of Peroni!

Members treasure chest draw nights are on Saturday 7th & 21st September. Any enquiries please contact sarah.whitfield8@googlemail.com

Not a Member?

Join now for £10, Seniors £5.



Supporting Volunteers
Encouraging Independence
Developing Good Neighbour Projects

You can contact Care Network UK which has Community Navigators and work with Help at Home to provide advice and information for the Retired on 01954 211919. If you would like further help and assistance you can phone Age UK on 0800 169 6565.

NWR CONNECTING WOMEN WHO ARE INTERESTED IN EVERYTHING AND TALK ABOUT ANYTHING

NWR is a national women's organisation with members who enjoy lively conversations both serious and light-hearted. It is for women of all ages who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us. Come along to one of our meetings – you'd be very welcome.

5th Sep: Countries on the Equator – research any country that has the equator passing through it.

19th Sep: Speaker (TBC)

The Bar Hill NWR group meets informally in members' homes on alternate Thursday evenings at 8pm. We pay an annual fee of £23 and just £1 per meeting to cover local costs. If you would like more information or someone to accompany you to a meeting, please don't hesitate to call Bobby on **01954 781662** or Karen on **01954 781843**. NWR can also be found on www.nwr.org.uk. Why not have a look!



FAMILY HISTORY SESSIONS BAR HILL LIBRARY

Caroline Norton, from the Cambridgeshire Family History Society will be running drop-in sessions on the 16th September and 18th November from 10am – 4pm (both Mondays).

Caroline is a very experienced researcher and can help with getting started, finding ways to move on if you've got 'stuck' and advice on resources and websites to use.

Why not come down and see if she can help. It's free!

■ 10

WILDLIFE TRUST

Huntingdonshire Local Group Looking for the Goshawk - The Lost Raptor

We invite you to our first indoor meeting of the autumn on Wednesday 11th September 2019 at 7.30pm.

This talk about Goshawks will be given by Conor Jameson, who has worked for the RSPB and BirdLife over 25 years. Conor has written for The Guardian and BBC Wildlife and is a columnist for the RSPB magazine 'Natures Home'.

Six Legs Good - More Legs Better!

We invite you to a fascinating talk on the many species in our animal kingdom that have six or more legs. This will be held on Wednesday 9th October 2019 at 7.30pm and as usual will be at Brampton Memorial Hall, Thrapston Road, Brampton, Huntingdon. PE28 4TB.

The illustrated talk will be given by Brian Eversham, who is the Chief Executive of the Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire.

Brian has held this position since 2009 and prior to this was Conservation Director of the Trust during which time he was involved with the launch of the Living Landscapes projects at The Great Fen and Nene Valley.

All are welcome to attend. Meetings are held at Brampton Memorial Hall, Thrapston Road, Brampton, Huntingdon. PE28 4TB starting at 7.30pm. Booking not necessary. For more information, please contact Alistair Grant alistairgrant@hotmail.com or **07775 365507**.



BAR HILL, A SOCIAL HISTORY 1949-2004 By Roger Hall

Copies are still available, priced £10, from Roger Hall, 11 Almond Grove
T: **01954 80304** or M: **07986 415244**

Highways Issue Reporting

Any issues relating to roads, paths, drains, cycleways, bridleways, including potholes, sunken paths, weeds round perimeter road etc are the responsibility of the County Council and must be reported on their website for the work to be done.

Please plot the location of the problem carefully on the map that comes up on this website.

<http://bit.ly/ccchighwaysFault>

HAPPY HOURS, Monday Club

Our Club meets on most Mondays in the Octagon building of Bar Hill Church and runs from 11am until 3pm with coffee, tea and light lunches. Our Summer lunch menu consists of salads (cheese, salmon or the weekly special which could be ham, corned beef, pork pie or quiche) (all at £2.50 each) or a ploughman's lunch (at £2.30). Our aim is to provide friendship and companionship so why not come along and give us a try. You can have a good old natter, a game or two, or enjoy our other various activities. We would welcome new members.

Coming up in September:

2nd September: Science and Egg Experiments

9th September: Creative Dough

16th September: Competition Games/ Quiz/Bingo

23rd September: Surprise!

30th September: Surprise!

Anne Plumb **01954 780364**



LOVE LIFE - SLIMMING WORLD

Join our warm and friendly group at Bar Hill School on Wednesday at 5:30pm or 7:30pm. Want to lose weight and never feel hungry? Call Chris on **07779 287055**.

THE MAPLE SURGERY

Tel: **01954 780442**

www.mhmaple.co.uk

For out of Hours emergencies, please call 111; for life-threatening emergencies, please call 999

Surgery Opening times: Monday to Friday 8.00am–6.30pm

On the day appointments bookable by phone ONLY at 8.30am each day. We now ask all our patients to call to book on the day appointments and not to try to book by visiting the surgery in person.

Please be aware we DO NOT take prescription requests over the phone. Prescription requests can be emailed to maplesurgery.repeats@nhs.net or alternatively you can visit the surgery to request your prescription. For all other enquiries please email maplesurgery.enquiries@nhs.net or contact the surgery on the number above.

Cambridge Hearing Help sessions are held on the 4th Tuesday of every month. These are free sessions for anyone needing advice on hearing loss.

Current Surgery News

We are now open every Wednesday morning from 7am for Nurse Appointments only!

We are currently recruiting for the positions of GP, Practice Nurse and Receptionist. Please contact the Maple Surgery for information on the positions available. We thank you for your patience during this time.

We would like to welcome any of our patients to join the Maple Surgery Patient Participation Group, our next meeting will be on Thursday 23rd October at 4pm.

Please inform the surgery if you are a carer who looks after a family member or a loved one. We are working to ensure that all our patients who are carers get the right advice and support available with access to the Carers Trust.



BAR HILL CRICKET CLUB

At the time of writing, we are just preparing for our final league match of the season away to Gorton, knowing that victory will result in a top-two finish and promotion! That follows two more victories in the last month – by default over Camden but in sensational fashion against Saffron Walden IV.

Phil Orvis took 5 for 16 in that match as the opposition were restricted to 140 for 9. Bar Hill whittled away the target and reached 101 for 3, Jim Neal making 34 of them.

But wickets began to fall and it got to the last over with Bar Hill needing four to win. No runs were scored off the first five balls, while a run out meant Bar Hill had only one wicket left. However, Scott Underhay had it all under control and thumped the last ball for four to ensure a vital victory.

The other scheduled league match, at Coton, was rained off. We also played a Saturday friendly against Milton, which resulted in a victory – Adam Dean scoring 66 and Sam Wilson 45 and the wickets being shared around, including two for under-13s captain Jack Williams.

The midweek season has also finished, with defeats in the final series of matches against Elsworth, Scorchers and Dobblers, although the first of those matches was extremely close as Bar Hill lost by just three runs. Barry Driver took three wickets and Martin Haslop was the top scorer.

At the time of writing, we also have a couple more weekend friendlies – against Fen Ditton, with proceeds going to Multiple Sclerosis charities, and a match against Tesco to round off the season.

The Under-13s' final match was a defeat against an excellent Over side, although Tom Connor, Theo Goddard and Jack

Williams all took two wickets.

Youth training has now also



finished for the season but we will be back for next season. Hopefully we will have more than one youth team, so that our younger players can also experience competitive cricket – watch this space over the winter and we'll let everyone know as our plans come into focus.

Don't forget, all the latest club news can be found at www.barhillcricket.org.uk. Club members and parents can also join our Facebook group.

Paul Stimpson 201212

Let's SCRAP Fly-Tipping!

Fly-tipping is the illegal disposal of waste. It can be anything from a bag of waste to a truckload.

Around two thirds of fly-tips come from households, so it is crucial that you understand your Duty of Care to avoid a £400 fixed penalty (or unlimited fine).

Follow the S.C.R.A.P. code below;

- **SUSPECT** all waste carriers. Do not let them take your rubbish until they provide proof of registration;
- **CHECK** that a waste carrier is registered on the Environment Agency's website;
- **REFUSE** any unexpected offers to have your rubbish taken away;
- **ASK** how your rubbish will be disposed of and seek evidence of this;
- **Paperwork** must be obtained: a proper invoice, waste transfer note or receipt, including a description of the waste being removed and the waste carrier's contact details.

To help us deal with fly-tipping incidents efficiently, please report them to us. Either on the website;

www.scams.gov.uk/environment/envirocrime/

Or by phone: 03450 450 063

INDOOR CARPET BOWLS

We are a mixed group who meet in the school on Friday evenings during term time from 7:30 to 10:00pm (with a half-hour break for refreshment) – all for £1.50 each evening you play.

We do not play in any leagues so even if you have never played before do not be put off. Why not come along and join us on any Friday evening with your 1st session being free?

We look forward to welcoming you.

If you require any further details please contact Barbara on 01954 204171.

MATHS TUITION

My name is Ashley Bell. I am a 37 year old male offering Maths tuition. I have an honours degree in education, and can adapt my approach to fit the needs of your child.

I can tutor any age up to GCSE level, whether that be exam preparation, preparation for a new school/ new year, or just general Maths tuition.

I am on the DBS Update Service, so no need for new checks.

Contact me at ashleymbellaf@gmail.com or 07432 015314. Rates: £15 per hour.



SEWING SERVICE

If you have a sewing job you can't face, call Lyn on 01954 201113.

CRAZY DOG LADY PET SERVICES

Services include:

Dog walking

Other pets and puppy pop-ins

1-2-1 training

Friendly, Reliable, Fully insured, DBS checked, APDT trained.

For more information and prices visit www.crazydogladyservices.co.uk or call Sarah on 07913 690021



FEN DRAYTON LAKES

We're mindful that 'the lakes' have provided access to the countryside for local people for decade, and the RSPB has supported the continuation of this since acquiring the site, with the addition of routes to get closer to the lakes and the maintenance of surfaces to standards beyond that required of the County Council.

Alongside our continuous efforts to improve the reserve for wildlife is our ongoing work in evolving the lakes from being a disused quarry to being a wonderful, wild and natural wetland that's accessible to all.

And later this year we'll be making further improvements in the central area close to the car park. As well as re-surfacing the worn-out stretch of road near the car park and welcome area, we'll be adding a seamless, hardened and level pedestrian route from the disabled parking spaces to theatre's edge at the nearly picnic and viewing area. We'll also be adding a few subtle features to make cross note tracker as safe as possible, such as adding a contrasting crossing point and some extra signs.

This latest piece of work has been possible by a grant from the A14 community fund, a fund managed by Cambridgeshire Community Foundation, who we would like to thank

Wednesday Wander

Ever thought you'd like to know more about the reserve and it's wildlife? Informal volunteer-led guided walks take place on the second Wednesday of each month. There's no need to book and it only costs £3 for members and £4 for others. Walkers meet at the main car park, leaving at 10.15am

Email: fendraytonlakes@rspb.org.uk

Phone: 01954 233260

Visit: rasp.org.uk/fendraytonlakes

The Royal Society for the Protection of Birds (RSPB) is a registered charity: England and Wales 207076, Scotland SC037654

BAR HILL BOOK CLUB

Meets last Tuesday in the Month at 7.30pm in the Bar Hill Sports and Social Club.

Please join our friendly group, we offer a lovely welcome, good company and great book choices. Let me know if you would like to join us and I will arrange a warm welcome.

sheilafarrar@hotmail.co.uk

Tel/Text: 07920 558319

8 O'CLOCK CLUB

We are a women's group that meets on the first Thursday of the month in the lounge at the school at 8pm. The cost is £10 for the year plus 50p each month to cover the raffle and coffee.

We have a variety of speakers as well as an annual garden party, birthday party and Christmas meal. Our upcoming meetings are as follows:-

5 Sept - Enrolment evening

3 Oct - Malcolm Busby - Ghost Tales

7 Nov - Amanda Sutherland - My Creative Journey

5 Dec - Christmas Meal (Members Only)

If you'd like further information please

phone Barbara: 01954 204171,

Adela: 01954 204265, Ann: 01954 204687,

or come along to one of our meetings.

We'd be very pleased to meet you.

Bar Hill Village Fete

The Fete and Festival committee would like to thank everyone who came to the fete this year. We are pleased to announce that the we're doing it again next year!

It will be a fete, festival and hoedown as it falls on 4th July so we'll be embracing all things American!

Anyone wishing to help in any way please contact kjdacosta@outlook.com

Please send any suggestions in via the website barhillvillagefete.co.uk or the facebook page.

Our first meeting is on Tue 19th Sep 7.30pm in the Social Club.

Bar Hill Community Car Scheme

Offering low cost transport services to those who cannot drive or who have poor access to buses.

The scheme can provide transport for grocery shopping, doctors and hospital appointments as well as for visiting friends and family.



The cost is currently 30p per mile with a minimum spend of £3.

Please call Russell on 07496 465330 for more details.

FRIENDS OF THE ROSIE

Thank you for all your support at The Friends of the Rosie Hospital stalls this year. For up to the minute information follow the Rosie in Stitches Facebook group (<https://fb.me/RosieinStitches/>).



Upcoming Stall dates this summer Tea Bar, Rosie Hospital Outpatient Clinic.

Monday to Friday 9am - 4pm.

We always need help in the Tea Bar in Clinic 21 for a few hours a week or on an occasional basis. At present we do not have a regular volunteer for either Monday afternoon or Thursday morning. We also require occasional volunteers to help when a regular volunteer is unable to help due to holidays/ illness etc. please email annlaskey@icloud.com if you would like to volunteer.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on 01223 356615. Further details are given on our website www.rosieinstitches.org.uk.

Thank you for your continued support.

— HANOVER HOUSING —

For rent to over 60's: one bedroom apartments at Hanover Close, Bar Hill. Benefits include:

- Estate Manager service.
- Close to bus routes/amenities.
- Building/grounds maintenance.
- Guest facilities.
- Private off-road car parking.
- Pets are welcome!

For details or to arrange a viewing call 01954 780794 (Estate Manager) or 0800 280 2575 (Enquiries).



FOR SALE: Ladies' dark brown good quality leather coat. Size 16 in good condition. £40 or near offer.

Tel: 01954 781757

DRY DRAYTON WOMEN'S INSTITUTE

Our W.I. meets at 2.30pm on the second Tuesday of every month in the Village Hall, High Street, Dry Drayton.

Visitors are always welcome - £5

10 Sept. - Ms Sallie Crawley on Relaxation and Sleep

8 October - Mr John Flood on Cambridge Folk Museum

Contacts:

Huguette 01954 781484

Alice 01954 782497

ASHLEY'S BARBER SHOP

159 The Spinney, Bar Hill

Mobile 07704 135888.

36 years experience. 12 years in Bar Hill.

Website: ashleythebarber.co.uk

THE CATHOLIC CHURCH

THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

HOME VISITS

I am happy to bring communion to the house bound Catholics. I also visit people at the end of their lives, of any religion or none, who would welcome support or are distressed spiritually.

Contact Jean: 07841 397 338, Catholic Eucharistic Minister. Associate Member of the Hospice Chaplaincy Team.

ROSARY

We meet again at 2pm on Friday 6th September. Nevertheless, we encourage you not to stop praying for our neighbours in Bar Hill.

Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

The Catholic Church Serving Bar Hill

Hills Road, Cambridge

Parish Priest: Rt. Rev. Mgr Eugene

Canon Harkness (Tel: 01223 350787)

Local Contact: **Bunty Waters** (Tel: 01954 201421)

Mon, Wed, Thur, Fri 8am & 12.15pm

Tuesday 8am & 7.30pm

Saturday 6pm: First Mass of Sundays

Masses in the Parish Church in Cambridge; also 5pm at Cambourne and **6pm at The Octagon, Bar Hill.**

Holydays of Obligation 8am, 10am, 7.30pm

Sacrament of Reconciliation

Tuesday 6.45pm (not after Mass)

Saturday 10.30 - 11.15am, 4.30 - 5.15pm. 7.00 - 7.45pm

URBAN
CAR COMPANY

QUALITY USED CARS

- ★ All Cars Multi Point Checked
- ★ Finance Arranged
- ★ Extended Warranties
- ★ Cars Bought for Cash

Your local car dealer owned by village residents who have all lived on the village for more than 35 years.

Viking Way, Bar Hill

TEL: 01954 782430

www.urbancarcompany.co.uk

R.PETCH . DECORATOR

Quality Workmanship since 1962

EXTERIOR PAINTING
INTERNAL DECORATING AND WALLPAPERING

FREE ESTIMATES

BAR HILL RESIDENT 1989 - 2004



TEL: 01223 861970

www.petch-quality-decorator.co.uk

petch_decorator@hotmail.com



Ash Croft Veterinary Surgery

HARDWICK

169 St Neots Road, Hardwick
Cambridgeshire, CB23 7QJ
Tel: 01954 210250

Monday - Friday - 8.30 to 10.30am & 4.30 to 7.00pm

Saturday - 9.00 to 11.00am

Consultations by Appointment Only

PAPWORTH

Unit 1, Pendril Court, Ermine Street North
Papworth Everard, Cambridgeshire, CB23 3UY
Tel: 01480 831615

Monday, Wednesday, Friday - 11.30am to 1.30pm

www.ashcroftvet.co.uk

Andy's Kars Ltd

For Quality Servicing & Repairs

Open Monday - Friday 8am - 5.30pm - closed Saturdays and bank holidays

In our fully equipped, modern workshop, we'll cater for all your MOT, Servicing and Repairs requirements. On all makes of Cars and Light Commercial Vehicles



Andy Kent, Andy's Kars Ltd,
6 Viking Way, Bar Hill, Cambridge, CB23 8EL
Tel: 01954 782666 Fax: 01954 789554

Honest advice with a smile,
we go the extra mile!



EXPRESS ROOFING SERVICES

Flat Roofing Specialists

Emergency 24 hour Service

Roofing for over 25 years

- * Insurance work
- * Guttering * Fascia Boards
- * Garages & Extensions
- * Re-roofing & repairs

Prompt Reliable Service

01487 841008 Mobile 07860 680550
37 Greenfields, Earith

NOW OPEN

Dog Day Care...

in the Village of Over...
with a difference

Opening Hours
Monday to Friday
7:30am - 6pm

Find us on
facebook

Unit 17
Norman Way
Over CB24 5QE
07764 959238

PUPPY CLASSES - 8 WEEK COURSES
SPACES ALWAYS AVAILABLE

Norman's



Take a look at what we all get up to each day on our FACEBOOK PAGE... search for 'Norman's Dog Day Care'

Bar Hill's Newspaper Delivery Service



ANY newspaper, ANY day of the week delivered to your door by 7.30am

£1.50 - Saturday + Sunday

£2.00 - Monday to Friday

£2.50 - Monday to Sunday

(Plus the price of your selected paper)

Set up in 2011 we deliver to households and businesses in Bar Hill, offering you a simple, reliable service for a great price.

Tel: 07832 122534
info@yourlocalpaperboy.co.uk

WE KNOW YOUR BUYER

Want to achieve the top
price for your property?

Can we help?

01954 781 411

8am - 10pm every day
haart.co.uk

A LOCAL
AGENT WITH
BUYERS &
KNOW-HOW

haart
BAR HILL

UniPlumb

We offer a full range of plumbing and heating services including the following

- Full bathroom installation & tiling service
- Full central heating system installation
- Vented & unvented cylinder replacement
- Boiler installations / replacements
- Central heating power flushing
- Repairs & maintenance
- Shower installation
- Water softener installation
- Underfloor heating
- Kitchen installation

To complement the above, we can also provide electrical, carpentry and plastering services

For a free quote please call 01954 212553 or email info@uniplumb.com
Alternatively visit our office at
117 Highfields Road, Highfields,
Caldecote, Cambridge CB23 7NX



Cambs Property Bureau

Looking for a property to rent?
Want to rent out your property?
Call us on **01954 260200**

Email: enquiries@cpbm.co.uk
www.cambspropertybureau.co.uk

Address: Unit 9, Highgate Farm,
Over Road, Willingham
Cambs CB24 5EU

Green Heat Limited

PHONE NOW FOR A FREE NO OBLIGATION QUOTATION

01223 277278

www.greenheat.co.uk



Smart new high efficiency 'A' rated condensing boilers are over 90% efficient, and will provide you with greater comfort, saving energy and reducing fuel bills.

Also, meeting substantial reductions to your fuel bill and carbon emissions.

Smart Energy controls can add a further 4% efficiency and allow you to control your heating from an in-room remote or mobile phone from your home.

We also have some great solutions to improve hot water efficiency such as 'flue gas heat exchanger', providing efficiency of nearly 100% to be achieved.

Each Green Heat boiler has a 5 year warranty and includes a 5 year warranty on parts and labour.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

We can provide a substantial amount of work on a single day, including gas safety checks, boiler repairs, hot water systems, and central heating and hot water systems.

JASON KIRBY Professional Painting & Decorating Ltd

*A Professional Service
from Start to Finish*

Tel: 01954 211775

www.jasonkirbyltd.co.uk



K & S SERVICES

Tel: 01954200869
Mob: 07548796094

All aspects of Carpentry and Joinery

Kitchen Fitting, Wall and Floor Tiling,
Fencing

Internal/External Painting and Decorating

Laminate and Wood Flooring

Bathroom Refits, Heating Systems

**FRIENDLY & RELIABLE LOCAL
SERVICE
QUALITY WORK GUARANTEED**

PROBLEMS? WITH YOUR EXISTING DOUBLE GLAZING

**DOMESTIC • COMMERCIAL
INDUSTRIAL
REPAIR & MAINTENANCE SERVICE**

• **WE REPLACE** Glass, Locks, Handles, Hinges,
Patio Door Wheels, Tilt & Turn Mechanisms

• **WE FIT** Window Opening Restrictors,
Cat Flaps, Fly Screens

**FREE
ADVICE /
ESTIMATES**

• **WE SPECIALISE IN** New Conservatories,
Windows, Doors



**SECONDARY DOUBLE GLAZING ALSO AVAILABLE
the WINDOW & DOOR SURGEON**

For a Friendly and Efficient Service Please Call

Phone **01954 201944**

Email: info@windowdoorsurgeon.co.uk

8 RAMPTON ROAD • WILLINGHAM • CAMBRIDGE

WE TRAVEL TO YOU • WE DO NOT VISIT ON SATURDAY • WE DO NOT VISIT ON SUNDAY

Andrina B the footcare specialist

Providing expert treatment in all
aspects of foot healthcare in
the comfort of your own home

Nail Cut • Callus • Athlete's Foot

Hard Skin • Corn Removal

Fungal Infections • Plantar Faciitis

In-Growing Toe Nail • Orthotics

Leg and Foot Massage

To book your appointment call Andrina on

07966 571 686

or email: andrinab@foot-care.co.uk

www.foot-care.co.uk

Andrina Baldock, Foot Health Practitioner, SAC Dip. FHPP FHPT
Registered Foot Health Practitioner Member

Skatz
HAIR DESIGN
and
Bethan's Beauty Shop

Opening times:
Mon. Closed
Tue 9.00am-5.30pm
Wed 9.00am-5.00pm
Thu 9.30am-7.00pm
Fri 9.00am-5.30pm
Sat 8.00am-2.00pm

89 High Street
Langston
780909
New direct phone to
Bethan's Beauty Shop
789100

- We offer a full range of hair and beauty treatments
- Gift vouchers available
- Bio sculpture nail extensions and natural overlays
- KMS / Goldwell appointed salon
- New for the summer - St Tropez spraytan treatment
- Appointments not always necessary

P & P Home and Garden

Call 01954 782198 or 07954 372516
Email pphomeandgarden@hotmail.co.uk
www.pphomeandgarden.vpweb.co.uk

Friendly and reliable service.
We tailor our services to suit your needs,
Fully Insured

We offer

- Cleaning Service
- Ironing Service
- Lawn mowing Service

Weekly, fortnightly and monthly.

K.H Flooring Services
Contract & Domestic
Suppliers & Installers
View Farm
Dry Drayton
Cambridge CB23 8DB

Tel 01954 781521
Mobile 07801 542378

email flooringquotes@aol.com
facebook [kh flooring services](https://www.facebook.com/khflooringservices)

**CARPETS, VINYL, LVT:s
SAFETY FLOORING**

FREE ESTIMATES

NO OBLIGATION

FrontDoorHomes.co.uk
NO COMMISSION. NO HIDDEN COSTS. NO STRESS.

Looking to sell your home?

We can do it all for only £600!

The hassle free, transparent
way to sell your home.

**Cambridgeshire's best
Estate Agent**

info@frontdoorhomes.co.uk
01954 2000 69
www.frontdoorhomes.co.uk

ENTIRE   

The Complete Gas Heating and Plumbing Company

Plumbing • Heating • Gas
Bathrooms • Water Softeners
Property Maintenance

Tel: 01954 204044 • Web: www.entiregroup.co.uk
Email: service@entiregroup.co.uk


Cambridge Solar Ltd
Local, Friendly, & Professional since 2009

Contact us today for a quote.
01223 863 885
cambridge-solar.co.uk

Since 2009, Cambridge Solar Ltd has installed nearly 400 solar energy systems at homes and business around Cambridgeshire, including the Bar Hill Village Hall in 2014. We are committed to serving our community through honest, high-quality workmanship engineered to each client's goals.

Winner: 2018 British Renewable Energy
Installer of the Year, from the REA
Winner: 2018 Solar PV Installer of the Year,
East of England Energy Efficiency Awards

cambridge-solar

Jim Edwards
Gas appliances, Plumbing and Heating
Gas Boiler Service from £59

New Boiler Installations

Powerflushing service from £100


Bathroom Installations & Showers

Landlord Certificates & Gas safety checks

All plumbing work undertaken, local friendly
service. Fully Insured.

01954 267054
07870520702

www.cambridge-plumber.co.uk
jim-edwards@live.co.uk

ELITE

TEL: 781937 MOB: 07986392611

43 THE SPINNEY
BAR HILL
CAMBRIDGE, CB3 8ST

- * FULL BATHROOM AND KITCHEN DESIGN & INSTALLATION
- * ALL ASPECTS OF FLOOR/WALL TILING
- * SUPPLY & FIT OR LABOUR ONLY
- * LAMINATE WOOD FLOORING
- * FREE QUOTATIONS AND ADVICE
- * QUALITY WORK GUARANTEED

WE CAN ALSO LOOK AFTER ALL YOUR
PROPERTY MAINTENANCE REQUIRE-
MENTS

e-mail: dean.mills2@hotmail.co.uk

bhm Bar Hill Motors
 20, Viking Way (next to Tesco's)
For all your car care needs

The air conditioning has had a hard summer!
 Has it been serviced in the last two years?
 If not, we can help with our Qualified Staff
 and equipment

Opening times
 Mon. To Fri. 8.00am - 5.30pm
 Sat 8.30am - Noon
 Closed Sun.

781132

Alan's Carpets

- Home selection Service
- Over 40 Years Experience
- **FREE** quotes - Priced right
- Extensive range of Quality Samples
- Room sized Roll ends - Carpets & Vinyl
- Orders fitted within days, not months
- Showroom now open at 1 Station Road, Swavesey

**Save £'s
Discount
prices!**

Alan Shingleton

Phone 01954 232298 or 07790 544250

RedLocks Locksmiths
 Your local locksmith

Locked out? All locks opened, fitted, repaired and replaced

- Garage doors
- UPVC door & window specialist
- Safes fitted and opened
- All work guaranteed
- 24 hour service
- CRB/DBS checked

SERVICING BAR HILL AND SURROUNDING AREAS

Student and OAP discounts
 freephone 0800 8 247 047
 t 01954 202818
 m 07734 240 970
 w www.redlocks.co.uk
 e info@redlocks.co.uk

ASK IT SOLUTIONS

- Antivirus & Security
- CCTV
- IT Support
- Data Migration
- Servers & Networking
- Backup Solutions

01954 266012
 www.ask-itsolutions.co.uk

32 Church Street, Willingham, Cambridge, CB34 5HT

HERTS & CAMBS TREE SERVICES
 Professional Tree Care

*All aspects of Tree Surgery
 Woodland Maintenance and Site Clearance.
 Fully Insured*

Summer House Farm, New Road, Melbourn
 Royston, Herts SG8 6DL
 Tel: 01763 261999 - Mobile: 07968 365833

NPTC QUALIFIED WORKFORCE

City & Guilds Qualified **APPLETREES PLUMBING & HEATING**

All types of domestic plumbing, heating, renewable energy and gas work undertaken including:

Boiler Installation and Servicing	Bathroom Installation
Radiator Installation and Moving	Appliance Installation
Heating System Updating and Installation	Tap repairs
Heating System Cleaning and Power Flushing	Toilet repairs
Inspection and Certification	Install & repair water storage tanks
Renewable Energy Specialists	Underfloor heating

City and Guilds Qualified and Gas Safe Registered
 Office Number - 01353 741236

Local Plumbing and Heating Engineer
 Email - info@appletrees_plumbing

safe
Number 364278

BAR HILL SPORTS & SOCIAL CLUB

FOOD IS NOW SERVED

FRIDAY 4PM - 10PM

SATURDAY 4PM - 10PM

SUNDAY 2PM - 8PM

BACON ROLLS ARE AVAILABLE 12-4PM SATURDAY & 12-2PM SUNDAY

Bar Hill Sports & Social Club, The Spinney, Bar Hill, CB23 8SU
 01954 781881 bhssc.stewards@btconnect.com

CHRIS'S BIKES

Bar Hill's local cycle centre
2 Thornton Way, Girtton, CB3 0NJ
(just off Huntingdon Rd)

- Bikes
- Cycling clothing, helmets, gloves
- Bike repair & servicing
- Hire bikes
- Professional, knowledgeable, friendly service
- Wide range of spares/accessories available
- Plenty of parking
- Magura

We now offer bikes and equipment
TAX FREE with the Cycle to Work (C2W)
Scheme

chris@chrisbikes.co.uk
01223 276004



GB BUILDERS

NO JOB TOO SMALL
FOR ALL MAINTENANCE
RENOVATIONS AND DIY WORK
All general building repairs & odd jobs
Specialist in Painting & Decorating
Groundwork & Grass cutting

- Driveways, Paths, Patios
- Brickwork & Plastering
- Block paving
- Concreting
- Slabbing
- Fencing
- Plumbing
- Tiling
- Roofing
- Drainage
- Guttering
- Carpentry

Call today
07877 742 420 or
01480 437511
g.bbbuilders@yahoo.co.uk

SAVOUR
EVERY MOMENT



With our delicious frozen meals and desserts, you've
more time to enjoy the things you love.

For your free brochure visit wiltshirefarmfoods.com
or call 01371 876970

OVER 300 DELICIOUS DISHES
FREE FRIENDLY DELIVERY
TRUSTED LOCAL SERVICE

WILTSHIRE
FARM
FOODS

SPECTRUM



CONSERVATORIES
WINDOWS
DOORS



MOBILE: 07702 895673
TEL: 01954 789478

GROUP FITNESS FOR ALL AGES

SHAPE N TONE

Mons 6.30pm-7.15pm, Church, Bar Hill
Weds 6.30-7.15pm, Church, Bar Hill

THE FITNESS CLASS

Mons 7.30-8.30pm, The Church, Bar Hill
Thurs 6.15-7.15pm, Oakington Pav

OVER 55s CLASS

Tues, 10-11am, The Church, Bar Hill
Frids 10-11am, Oakington Pav

£4.50 A CLASS / £36 FOR 10
CONCESS £3.50 A CLASS, £30 FOR 10

Call Simon on 01223 236945
or visit www.bodyinmotionnpt.co.uk
Free First Class

Cloud Nine

HOLISTIC HAIR & BEAUTY THERA-

INDIAN HEAD MASSAGE THAI FOOT
MASSAGE
WELLBEING AT WORK BIO SCULP-
TURE NAILS
GIFT VOUCHERS COMPETITIVELY
PRICED
REIKI HEALING CHILDRENS PAMPER
PARTIES

Bookings by appointment only
www.cloudninehb.com

Karen: 07930196319

Karen.cloudnine@gmail.com

*Private, tranquil garden studio based in Bar
Hill, ask for info on mobile services*

NURSERY & PRE-SCHOOL PLACES

AVAILABLE NOW

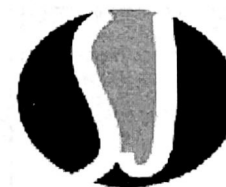
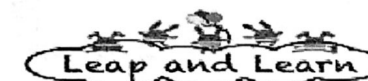
Award winning nursery Leap and Learn have spaces available in Bar Hill.

Government funding is available (15 or 30 hours + Free Twos) and we support all forms of employer funding.

We are recognised as one of the leading nursery and pre-school providers in East Anglia and have worked
hand-in-hand with Bar Hill Primary School for over 20 years.

Don't miss out, BOOK YOUR PLACE today

Call Claire Norris on 01954 488081
or
e-mail info@leapandlearn.co.uk for
more information



Steve Jolley
Plastering & Tiling

33 Field View
Bar Hill
Cambridge
CB23 8SX

Home 01954 780445
Mobile 07727 203626

T.N. Walsh (AIP-RP)
Plumbing and Heating

Tel: 01954 780252

Mobile: 07887 561525

All plumbing and heating work,
including power flushing
Acorn Avenue, Bar Hill, Cambs,
CB23 8DT

24 hour service...No call out charges!



23354



026851

Est. 1989



Would you like to save your time and money,
and get access to:

- FREE pickup of your car to MOT or Service*
- FREE exhaust check*
- FREE brakes check*
- Airport parking up to 30% off Nationwide*
- FREE Valet parking* in
- CBG, STM, LTN - Airports and many more...

Register NOW OR ORDER YOUR SERVICE with

www.AutoMembership.co.uk

and find out how we can help you.

07540190529 / 01954201805 / 01223911647

www.AutoMotoClub.co.uk

helps drivers Nationwide

*See Terms and Conditions



07507774164

or

01954 583512

Email:

info@totalaccessandsecurity.co.uk

CCTV



ALARMS



ENTRY CONTROL



CALL TODAY
FOR A FREE NO
OBLIGATION
QUOTE

Properties with no security systems are 5 times more likely to be
burgled than those with simple security measures in place.

Protect your home and have peace of mind with our HD CCTV or alarm
systems featuring remote viewing from any smart device.

WWW.TOTALACCESSANDSECURITY.CO.UK



**Foot Care in
Cambourne**
**T: 07850
023168**

- ~ Toenails Cut & Filed from £20 ~
- ~ 5-minute Fungal Nail testing ~
- ~ Lacuna TM Fungal Nail treatment ~
- ~ Hard Skin, Corns, Verruca, Diabetic
Assessment, Foot Pain, Ingrowing &
Thickened Toenails, Insoles ~



www.hcpc-uk.org

**Mrs Iryna Rowlands BSc (Hons),
Roman Rowlands S.A.C. Dip
RFHP**

THE BLOCK PAVING COMPANY

Installers of Drives & Patios

- individual block paving
- concrete setts
- paving slabs
- natural stone paving
- permeable paving

FREE QUOTATION WITHOUT OBLIGATION

Tel: 01954 205317

Mobile: 07850 919432

Email: sales@blockpavingcompany.co.uk

34 Partridge Drive

Bar Hill

Cambridge

CB23 8EN

www.blockpavingcompany.co.uk



Painting & Decorating

High Quality



INDUSTRIAL

COMMERCIAL

DOMESTIC



102, Stonefield
Bar Hill
Cambridge
CB3 8TB

01954
782472



Oakington Garden Centre

Large selection of plants, pots
and garden sundries

Open:

Monday - Saturday 9am to 5pm

Sundays 10am to 4pm

Oakington Garden Centre,
Dry Drayton Road, Oakington.

Tel. 01223 234818

Fax. 01223 236823

Email: oakingtongardencentre@hotmail.com

**Do you need a
chiroprapist?**

For a professional service in your own
home



201256

07494 196065

Michelle Dolan
Podiatrist/Chiroprapist



HCPC
Registration
number
CH34864

BAR HILL CHILDMINDERS

Bar Hill Childminders work as a close network of childcare professionals who offer a warm, friendly and loving home from home environment. We use the comfort of our homes as a base and can also offer your children day trips, outdoor experiences and taking part in local groups/community events.

We offer flexibility in working hours to suit you and your child's needs rather than set session times.

Your child will receive individual attention and care as we progress them through the EYFS curriculum - child led play as well as structured activities will encourage them to grow and learn at their own pace, focusing on each child's individual needs.



Before/after school and holiday care for school aged children is available and leaves the stress out of your busy mornings and evenings.

We are Ofsted registered and inspected with 'Good' and 'Outstanding' inspection outcomes and are fully insured. We have access to childcare qualifications including level 3 in childcare. We all hold Paediatric First Aid certificates.

Our Tuesday 'Little Bunnies' toddler sessions are now closed but we look forward to welcoming children (0-5yrs) with their parents/carers on our Thursday morning sessions as usual (term time only - 9.45 - 11.15 am in the Octagon, £1.50 for one child under one, £2.50 for one child over one and £3.50 for 2 or more children) - here we offer a wide range of activities, singing and lots more! Some of our Childminders are now registered to offer Government Funded places for Children aged 3 & 4 years old, 15-30 hours per week - 'Universal' and 'Extended', (+ qualifying 2 year olds). The funded hours each week can be shared between a Childminder and

your child's Pre-School and/or Nursery. Below is a list of our Childminders - those who offer government funding have an F before their name:

F	Kirsty	07584 168909	(spaces)
F	Jacky	07718 447998	
F	Melanie	01954 204496	
F	Terri	07846 018714	
F	Kirsten	07906 218070	
	Mandy	01954 204223	
	Carol	01954 780238	

BAR HILL POST OFFICE

We are located in Bar Hill Library, open 9-5.30pm Monday to Friday and 9-12.30pm Saturday.

We offer both Royal Mail and ParcelForce services for all your posting needs.

Ask our friendly, helpful staff for advice to make sure you're using the right service.

Also Available:

Car Tax • Bill payments; • Banking services - cash/cheque deposits for all High Street Banks; • FREE cash withdrawals; • Foreign Currency - Euros in stock - other currency available to order with next day delivery; • Moneygram - safely send money abroad/UK; • Gas and Electricity key/card top-ups; • Mobile phone top-ups; • One 4 All Multi-store Gift Cards; • National Lottery, EuroMillions & Scratchcards; • Stationery and posting/package items; • Cards and wrapping paper for all occasions; • Helium Balloons; • Basic shop items; • Sweets and chocolate; • Cold drinks; • Daily Newspapers - reserve your paper for collection; • Vaping Products; • Ice Creams

**PLEASE SUPPORT YOUR
LOCAL POST OFFICE**

CHILDREN'S CHARITY

Spectrum Cambridge are a multi-award winning, parent led charity, providing events and support for families of children with Autism, additional needs, learning difficulties and disabilities.

They are family focused and passionate about inclusion and supporting Special Education Needs & Disabilities (SEND).

The Charity schedules events such as Clip 'n' Climb Sessions, Anglesey Abbey Winter Lights, Harry Potter Studio Tour, Cambridge Aqua Park, Astronomy, and Wrestling (to name just a few).

Membership is free and more details are available on the Spectrum website;
<https://spectrum.org.uk/>

Or by calling **01223 955404** between 10am and 4pm Monday to Friday (excluding bank holidays).



YOUR LOCAL RESIDENTS ASSOCIATION SEEKS NEW MEMBERS

Since the Residents Association was formed it has been run by a small group of volunteers for the benefit of residents and visitors to the village.

The residents association meets once a month at the Parish Council offices and new members are very welcome! The main responsibilities of the Association are the production of the Bar Hill News, and organising the Village Fete.

You can commit as little or as much time as you wish and we'd welcome new members who are interested in getting involved in the village.

If you'd like more details please contact Roger Hall at roger.hall90@ntlworld.com or phone **01954 780304**.

FOR SALE: 4-Berth Caravan

2019 SWIFT ECCLE 530

Special 100th Anniversary Edition

Cost New £22615

Used twice - 6 mths Swift warranty

Lux pack = £625 Solar Panel - Motor mover = £500+ - Paint sealed = £599

3 year service plan = £500+

OKO Tyre sealant £70, Porch Awning £350

ALL THE ABOVE COMES WITH EVERYTHING ELSE YOU NEED TO START CARAVANNING

worth about £25000

Unforeseen ill health forces sale

All for £18995 O.N.O

TONY 07831 895007 or 01954 789848

BICYCLE REPAIRS & SERVICING: 07914 655085

FOR SALE: Pine Double Bed with Black Metal Frame

Good condition. £175 ono. Mattress also available. Mob **07922 043440** (Karen)

BAR HILL FOOTBALL PROJECT

3G Astro facility available for hire in Bar Hill. For more details contact Julie Marin, Bookings Secretary on either **01954 781838** or **07770 687437**.

GIRLGUIDING IN BAR HILL

Helpers needed for Brownies

Being a Leader, Assistant Leader or Unit Helper is one

of our most rewarding roles as you get to work directly with girls, supporting and helping girls to grow into confident young women.

If you would like to join in the fun, please email us at barhillguiding@icloud.com.



CAMBRIDGESHIRE HEARING HELP ARE LOOKING FOR VOLUNTEERS IN BAR HILL

Cambridgeshire Hearing Help is a charity that provides NHS hearing aid maintenance and hearing loss information and advice in the heart of local communities. This work is a lifeline for those who face barriers to accessing mainstream audiology services because they are older, frail, have other disabilities and/or live in rural areas.

If you live in or around Bar Hill and are looking for an enjoyable volunteering role through which you can meet others, feel part of a supportive team (many of whom have shared experience of hearing loss) and enjoy the rewards of helping those in need in your local community, please do get in touch!

No experience is required as full training and support will be given. All you need is good dexterity and eyesight (with glasses).

Contact:

www.cambridgeshirehearinghelp.org.uk

Tel: 01223 416141; Text: 07852 699196

Email:

enquiries@cambridgeshirehearinghelp.org.uk

Little Kickers

Approved football training for kids aged 18 months to their 7th birthday.

Classes at Bar Hill Village Hall.

For information, or to arrange a free taster class, contact Ashley on **07928 765121**;

E: ajordan@littlekickers.co.uk

W: www.littlekickers.co.uk

Facebook: <https://fb.me/LittleKickersUKCambridgeshire/>

PLAYPALS BABY AND TODDLER GROUP

Meet Wednesdays and Fridays*

At Bar Hill Church Octagon

9:45-11.15 am

*Term-time

Under 1s £1.50;

Over 1s £2.50;

Family £3.50.

Your first session free!

Can you help? We are looking for kitchen volunteers to give an hour of time during our sessions to help prepare snacks and drinks. If you are interested please contact: helen.j.bishop@gmail.com

EXCLUSIVE GARAGE DOORS

Your Local Garage Door Company

- Garage Door Repairs - Quality Garage Doors - Spares - Automation Systems - Up & Over Doors - Insulated Roller Doors - Sectional Doors - Installation Service - Cardales & Novoteam -

All Makes Supplied and Installed.

All work guaranteed. Free Site Survey.

Covering Cambridge, Huntingdon & Surrounding Villages.

Friendly Local Service - Established Since 1995.

Telephone: **01954 781805**

exclusivegaragedoorscambs@gmail.com

22 The Fairway, Bar Hill. CB23 8SR.

RAYNERS OF BARTON

- sectional buildings - greenhouses -
- garages - workshops - chalets -
- log cabins - carports - summer houses -
- concrete, steel or wooden sheds -
- aluminium or hardwood conservatories -
- PVC-U or hardwood windows & doors -
Lance Rayner

16 Cambridge Road, Barton CB23 7AR

T/F: **01223 262888**, M: **07702 669026**

BAR HILL PRESCHOOL

01954 782892

Bar Hill Preschool is open 9am-3pm Monday to Friday, term time for children aged 2-5 years. We offer sessions through the Early years funding scheme, funded two's and accept childcare vouchers.

Our ethos is to ensure high quality care by focussing on each child's ability and interests, providing fun and exciting activities that children learn and develop skills through play in a safe and inviting environment.

Our key person and buddy system ensures every child is well supported by qualified practitioners who have a wealth of experience. We work in partnership with parents and our online learning journal supports this by providing families with regular information on the child's development and next steps identified, parents can upload evidence from home too and add their own comments.

Our inside area provides views across the village green in a inviting and welcoming atmosphere. Children can access toys and equipment independently. Skills are developed through activities and routines e.g. children help to prepare snack with safety knives and learn about how to stay healthy. Lunch clubs are a social time and adults sit at tables with children while they eat own packed lunch, encouraging friendships and social skills.

The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our snack bar to exploring the mud kitchen, large sand pit and our sensory garden.

We welcome visitors from the local community that support our curriculum further.

Interested? You can find out more information on our website www.barhillpreschool.co.uk or call us on **01954 782892** to book an informal visit or for an application form.

SING IT OUT

COMMUNITY CHOIR

Restarts Monday 2nd September

From 7.30 - 8.30pm in the Octagon

If you enjoy singing popular songs/ musicals then you will be very welcome to join us.

If you need more information please email Mel Stamp at singitout@virginmedia.com

CAMBRIDGE BREAST CANCER NOW CHARITY WALK

6th October 2019

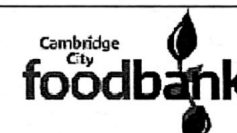
Join us for a 9 mile walk from Milton Country Park to Waterbeach

For further details and registration please contact jo@hartmcleod.co.uk or avrilwilliams04@gmail.com

If you cannot afford to eat, Cambridge City food bank -

07772 538628 - have distribution

centres on different days throughout the city. On Monday and Friday a distribution centre is open at St Pauls Centre, Hills Road Cambridge and on Wednesday at Our Lady and English Martyrs Catholic Church, Hills Road, Cambridge. Other outlets are available please phone for more information.



Are you disabled or receiving pension credit? If so you may be able to get a new boiler or insulation to keep the cost of high energy bills down in the winter. You can phone the Energy Saving Advice Service on 0300 123 1234 to see if you qualify for any free energy saving products.

A	L	M	I	N	E	O	R	M
A	N	D	I	S	E	Q	U	O
A	N	D	I	T	E	R	A	D
A	N	E	I	T	E	R	N	G
C	A	I	I	T	E	R	O	V
C	Y	M	I	T	E	R	S	T
D	E	N	M	O	R	S	T	A
G	A	N	O	N	E	T	U	R
H	I	D	O	P	H	U	V	A

			A	N	D			
		D				I		
		I				O		
		M				A		
			D	E	N	I		
						I		
		A				O		
		R				I		
			R	O	V			

LAST MONTH'S SOLUTION

A	D	M	I	R	A	L	T	V
A	P	A	R	T	M	E	N	T
S	E	D	S	I	T	T	E	R
C	O	N	S	U	L	A	T	E
F	A	R	M	H	O	U	S	E
H	O	U	S	E	B	O	A	T
P	A	R	S	O	N	A	G	E
P	E	N	T	H	O	U	S	E
R	O	A	D	H	O	U	S	E

MAKE A WILL MONTH

Have you got round to making or updating your Will?

Now is the time!

Local solicitors and Will writers are kindly donating their time to write or update a standard Will during October in return for a donation to Arthur Rank Hospice.

Make a will to make sure those you care about most are provided for - it's easier than you think!

For more details visit <http://bit.ly/armakeawill>, call 01223 675881, or email lucy.day@arhc.org.uk.

Arthur Rank Hospice is a registered charity number 1133354.

CHRISTIAN AID WEEK 2019

During Christian Aid Week in mid-May, £2,955.86 was collected in Bar Hill, about £70 more than in 2018. Gift Aid adds £321.76 to the total. Forty or so people took part in the collection, plus a number of children.

Fewer envelopes were returned than last year, but there were fewer negligible contributions. Some foreign and mouldy coins turned up; Christian Aid makes use of all those. There were more significant donations than in previous years, demonstrating that residents are aware of how privileged we are in the country compared with those in many parts of the world.

Thank you to all who contributed to this result, especially those who completed Gift Aid forms and those who made the effort to return their envelopes to neighbours or to the church. Thank you too to residents who give regularly to Christian Aid rather than making a one-off donation.



HEIDI ALLEN, MP

In my last newsletter, I discussed the Parliamentary debate that I secured to highlight the funding issue facing Cambridgeshire's NHS services. We continue to be the third lowest funded county per head in England and I have been working closely with our CCG to evidence this. In spite of the funding shortfall, our local NHS services continue to provide outstanding care and clinical expertise to those in need. Summer holidays and warmer weather means that it's fete season and I was delighted to open the Bar Hill Fete (pictured below), one of the largest in the constituency in early July.

Phil and I really enjoyed meeting new and old faces at local events and I look forward to seeing many more of you at throughout the summer.



I'll be holding a series of café pop up surgeries throughout the constituency if you'd like to find out where your nearest pop up surgery will be please visit my <https://heidiallen.co.uk/constituency-surgeries/>

In the meantime, if you would like to contact me, please email heidi.allen.mp@parliament.uk or call my office.

Enjoy the warmer weather – fingers crossed – and see you next month!

MEMORIAL GARDEN

The garden is a community space for the whole village to use and enjoy, if anyone would like to contribute to the upkeep donations would be very welcome. Please feel free to help keep the garden tidy if you are visiting.

Cambridge Building Society, Bar Hill A/C No; 1768402740

LISTENING BOOKS

Listening Books is a registered charity (number 264221) offering high-quality audiobooks to some 60,000 people across the UK who find that an illness, physical or learning disability or mental health condition impacts on their ability to read or hold books.

Membership costs £20 a year for downloads, £35 for MP3 CD's (in the post), and £45 for both. A number of free spaces are available.

Call 020 7407 9417, email info@listening-books.org.uk, or visit their website <https://www.listening-books.org.uk/>



LISTENING BOOKS

SUMMIT LANDSCAPES

- Paving - Driveways -
- Brickwork - Carpentry -
- Groundworks -

Telephone: 01223 929394

www.landscapingpaving.co.uk



Summit Landscapes

COUNSELLING

Depression, Anxiety, Stress, Bereavement, Addiction, Couples, etc.

Experienced counsellor practising at The Maple Surgery. Immediate appointments available.

Telephone Mark on 07905 833288.

info@thecambridgecounsellor.co.uk
www.thecambridgecounsellor.co.uk

Willingham Surgery News

Pharmacy opening hours;

Mon: 8:30am-1pm & 2:30-6pm

Tues: 8:30am-1pm & 2-7pm

Wed/Thur/Fri: 8:30am-1pm & 2pm-6

Cancellation of Friday Walk-In surgery

The last Walk-In Surgery will be on 6th September 2019.

Flu Vaccinations

All patients aged 65 and over will be offered the FLUAD. This is recommended by the government as being the most effective vaccine for this age group.

Patients between 18 and 64 years AND in an "at risk" category will be offered the quadrivalent vaccine.

Children over the age of 2 will be offered the nasal vaccine. School age children in will be having the vaccine at school. We will give the nasal flu to children born between 01/09/2015 and 31/08/2017.

Saturday Flu Clinics

We will be offering a number of Saturday morning clinics. Dates are as follows:
14th Sep. (Sat) 10am-12pm (Over 65's)
28th Sep. (Sat) 10am-12pm (Under 65's)
Further flu clinics are scheduled throughout the week. Please contact reception for details.

Carers' Support Meetings

Are held on the first Wednesday of every month. If you are a carer, please pop along and get some support from other people in the local community. Refreshments provided no need to pre-book and completely FREE! Please contact Sue Lawson at the surgery or email her at susan.lawson7@nhs.net for information.

Cambridgeshire Hearing Clinics

Are held at Willingham Surgery are on Wednesdays: 18th September, 16th October & 20th November from 2-4pm. No appointment necessary, just pop along for free NHS hearing aid batteries and help regarding hearing loss.

A&E is not an alternative to a GP appointment. If we are closed, please call 111.

Over Surgery News

We are trialling a new service called DoctorLink that enables our patients to manage their care needs remotely.

What is DoctorLink?

DoctorLink provides the ability to seek clinically approved medical advice around the clock. This helps to reduce unnecessary surgery appointments, getting patients to the right place for their clinical need.

DoctorLink facilitates booking an appointment with the surgery should a clinical consultation be recommended. DoctorLink can be accessed from any laptop, mobile phone or tablet device, 7 days a week from any location.

How does it work?

DoctorLink uses a Symptom Assessment tool to complete triage on patients who access the practice online looking for an same day appointment. Patients will be asked a series of clinical questions.

The outcomes of the symptom assessment are processed according to the clinical need. If a clinical consultation is recommended the patient can request an appropriate appointment slot (e.g. consultation with a nurse/practitioner within next 48 hours, same day consultation with a GP).

The practice will receive a copy of the symptom assessment highlighting the required action needed.

As DoctorLink is accessible 24/7 it is able to cater for both in and out of hours scenarios directing patients to the most appropriate place (pharmacy/dental/GP Service/A&E).

We will be working closely with the providers to manage DoctorLink's integration into the practice and help patients get signed up. All feedback from the trial will help shape and develop the product ensuring that it is of use for clinicians, practice reception staff and patients.

Follow this link to register and start using: <https://www.DoctorLink.com>

Residents Urged to Stay Safe

Outdoors as Temperatures Soar

With temperatures hitting significant highs of over 30°C recently, Cambridgeshire Fire and Rescue Service and its partners would like to remind residents of important safety advice.

Chimneys and Fires

- Have your chimney swept once a year
- Avoid resinous woods that build up soot
- Only burn fuels suitable for your burner. Do not overload the grate/appliance
- Do not bank fires too high and let them burn out well before you go to bed
- Check the hearth, floor and furnishings near the fire for hot sparks/embers
- Do not place objects on or over the mantelpiece which cause you to stand too close to the fire in order to reach them
- Use a fire/spark guard to prevent accidental fires and make sure it has the kite mark or conforms to British/European standards
- Inspect your chimney breast, particularly the roof space. Make sure it is sound and sparks/fumes cannot escape through cracks or broken bricks.

Fire Safety Advice

- Don't have bonfires. The dry weather can cause the fire to spread to sheds, buildings and vegetation and could even endanger lives
- Ensure cigarettes are completely out. Never throw cigarette butts out of car windows, or into vegetation
- BBQ on a hard, flat surface well away from sheds, fences, vegetation and buildings. Never leave unattended.
- Do not leave glass bottles lying on the ground, the sun's rays reflect through the glass and can start a fire
- Talk to your children about the dangers of starting fires
- If you've got mirrors, glass or reflective items on your windowsills or in direct sunlight, think about moving them away from the window to prevent a fire



**CAMBRIDGESHIRE
FIRE & RESCUE SERVICE**
Working together to improve community safety

- If you see a fire, call 999 and ask for the fire service. Do not try to tackle it yourself

Read more outdoor fire safety top tips <http://bit.ly/2JTNhfi>

Wood/Multi-Fuel Burners

- A qualified engineer should install all wood/multi-fuel burners and boilers
- Regular maintenance should be undertaken
- Ensure correct ventilation is in place
- Wood burning appliances should only use the right quality wood
- Inspect the chimney and flues
- Generally wood should be well-seasoned (usually wood kept dry and stored for around 2 years)
- Avoid wet or newly felled wood as this will cause tars/creosote deposits in the burning appliance and chimney
- Using laminated chip boards will leave binding glue deposits
- For each slow burning period there should follow a quick burn to dry out unwanted tar/creosote deposits and to warm up the chimney again
- At the end of each burning season and at least once during the season the entire system should be cooled and thoroughly cleaned

Most importantly



- Fit a smoke alarm and test weekly
- Always also install a CO alarm in the room where the burner is installed. Chimney Fires are a common occurrence in home fires in the winter months.

We experience an average of 81 chimney fires a year in Cambridgeshire alone.

For news, incidents and safety advice, or to contact us; cambsfire.gov.uk.

BIN COLLECTION

Here are the dates for the next few weeks bin collections for Bar Hill;

		
5th September	✓	
12th September		✓✓
19th September	✓	
26th September		✓✓
3rd October	✓	

Handy Contact Details

Cambridgeshire County Council

Births, deaths and marriages; buses; customer protection; education; libraries; public health; recycling and waste; roads and highways; social care; street lighting; trading standards; transport and travel.
01223 717111.

South Cambs District Council

Housing: bit.ly/schousing **03450 450051**

Benefits: bit.ly/scbenefits **03450 450061**

Not sure which Council to contact?

bit.ly/ccwhichcouncil

Library Services (including Audio Books and eBooks); bit.ly/cccmymlibrary

Report a footpath, right of way, or road issue; bit.ly/ccchighways (you will be presented with a map to pick a location)

LOST & FOUND PETS

FACEBOOK GROUP

This group is for animal lovers, who are either looking for their missing pets, or have found or spotted a possible missing pet in Cambridge and surrounding areas.

Please join us/ share with your friends!

<http://bit.ly/LnFPetsNearCambridge>



THE ALLOTMENT SOCIETY

Are you interested in growing your own vegetables, fruit or flowers?

Why not try an allotment?

Call Jeni, our Plot Allocator, on 07979

351119 for further information.



IN-HOME SHOPPING SERVICE

Age UK (formerly Age Concern) offers a Shopping Service and will arrange to have your groceries delivered to your home. Their telephone number is **01354 696650.**



This is especially useful for heavy items and extra money can be saved when bulk items are shared between friends and family.

There may be a small charge for these services, more detail is available here; <http://bit.ly/ageukshopping>

MONTHLY SUDOKU

6							7
	3		5	6			
				7	5	6	4
	1					2	
2		4	6	3	8		
5	6			9	7	4	
8			4	5		1	9
			9	2	3		
							6

- Useful Contact Details -

Allotment Society	Jeni	07979 351119
Bar Hill Church	Minister: Charles Mather	01954 277119
	Church office	01954 206120
Bar Hill Community Primary School		01954 273305
Bar Hill Community Car Scheme		07496 465330
Bar Hill Cricket Club	Paul Stimpson	01954 201212
Bar Hill Sports & Social Club		01954 781881
Cambridge Fire & Rescue Service	Helpline	0800 917 9994
Coffee Stop, Knit & Natter, Holiday@Home, Olive Tree	Sue Kenchington	01954 780260
Community Market	Karen Austen	01954 781085
County Councillor Lynda Harford	lyndaharford@icloud.com	01954 251775 (07889 131022)
South Cambridgeshire District Councillor, Parish Council (Chairperson), Catholic Church	Bunty Waters bunty.waters@barhillpc.org.uk	01954 201421 07734 690580
Residents Association (Chairperson)	Roger Hall	01954 780304
Happy Hours	Anne Plumb	01954 780364
Health Walks	Josephine Powell	07901 558108
Heidi Allen MP - Broadway, 149-151 St Neots Rd, Hardwick CB23 7QJ		01223 830037
Bar Hill Library		0345 0455225
GP Surgeries	Maple	01954 780442
	Over (Pharmacy)	01954 231550 (01954 233457)
	Swavesey	01954 230202
	Longstanton	01954 207600
	Willingham	01954 260230
	Willingham & Longstanton Dispensary	01954 207600
Over Day Centre	Hayley Smith, Manager	01954 231807
Parish Council Office - Sue Bell, Parish Clerk -	clerk@barhillpc.org.uk	01954 780456
Post Office		01954 789285
Pre-School		01954 782892
Roman Catholic Church	Rt.Rev.Mgr Canon Harkness	01223 350787
Royal British Legion, Health & Wellbeing at Tesco - Wendy Arrowsmith		01954 781381
Samaritans		01223 364455
Swavesey Village College		01954 230366

Upcoming Events

Date	Event	Pag	Where	Time
Sep 2	Happy Hours: Science and Egg Experiment	11	Octagon	11:00
Sep 4	Carers Support Meetings	36	Willingham	
Sep 5	NWR Countries of the Equator	10	See page	20:00
Sep 5	8 O'Clock Club - Enrolment Evening	14	School	20:00
Sep 9	Happy Hours: Creative Dough	11	Octagon	11:00
Sep 10	Health & Wellbeing Club	3	Tesco	2:00
Sep 10	WI: Ms Sallie Crawley on Relaxation and Sleep	15	Dry Drayton	14:30
Sep 11	Wildlife Trust: Looking for Goshawk	10	See page	19:30
Sep 11	Fen Drayton Lakes Wednesday Wander	13	Fen Drayton	10:15
Sep 14	Storytime	3	Library	11:00
Sep 15	Bar Hill News Article Deadline	2	N/A	N/A
Sep 15	Bridge The Gap/ Arthur Rank Charity Walk	8	Cambridge	9:30
Sep 16	Family History Lessons	10	Library	10:00
Sep 16	Happy Hours: Competition Games/Quiz/Bingo	11	Octagon	11:00
Sep 18	Messy Church	7	Octagon	10:00
Sep 18	NHS Hearing Clinic	36	Willingham	14:00
Sep 19	Wine and Cheese Night	9	Sports & Social	19:30
Sep 19	NWR Speaker (TBC)	10	See page	20:00
Sep 19	Village Fete Meeting	14	Sports & Social	19:30
Sep 21	Olive Tree Café Bereavement Support Group	6	BH Church	10:30
Sep 23	Happy Hours: Surprise!	11	Octagon	11:00
Sep 24	Bar Hill Book Club	14	Sports & Social	19:30
Sep 26	Royal British Legion	9	Octagon	19:30
Sep 28	Bring Your Own Craft Group	6	Octagon	2:00
Sep 30	Meet Your BH Parish Councillor	5	Parish Office	10:00
Sep 30	Happy Hours: Surprise!	11	Octagon	11:00
Oct 3	8 O'Clock Club - Malcolm Busby, Ghost Tales	14	School	20:00
Oct 4	Cocktail Night	9	Sports & Social	20:00
Oct 8	Mr John Flood on Cambridge Folk Museum	15	Dry Drayton	14:30
Oct 16	NHS Hearing Clinic	36	Willingham	14:00

Day	Event	Pag	Where	Time
Fri	Indoor Carpet Bowls	13	See page	19:30
Thur	Knit & Natter	6	Octagon	1:15
Tues	Rhymetime	3	Library	2:15
Wed	Coffee Stop	6	Library	10:00
Wed	Art Group	6	Octagon	10:00
Wed	Bar Hill Health Walks	9	Doctors	10:30
Wed & Fri	Playpals Baby and Toddler Group	32	Octagon	9:45